



## FURTHER READING

### Overview

- **Dementia: Symptoms, treatments, and causes**, Markus MacGill. March 22, 2017.  
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- **Alzheimer's Disease: Causes, Symptoms and Treatments**, Markus MacGill. April 29, 2016.  
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- **Can I Protect Myself From Alzheimer's Disease?**, Christian Nordqvist. October 12, 2016.  
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- **Seven steps to keep your brain healthy from childhood to old age**, American Heart Association. September 7, 2017.  
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### Physical Activity

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- **Walk, Stretch or Dance? Dancing May Be Best for the Brain**, Gretchen Reynolds. March 29, 2017  
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### Healthy Eating

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- **Food for thought**. July 17, 2008.  
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### Leisure Activities

- **Shaking Off Loneliness**, Jane E. Brody. May 13, 2013  
[well.blogs.nytimes.com/2013/05/13/shaking-off-loneliness/](http://well.blogs.nytimes.com/2013/05/13/shaking-off-loneliness/)
- **The joy of puzzles**. December 16, 2014.  
[www.economist.com/blogs/buttonwood/2014/12/brain-training](http://www.economist.com/blogs/buttonwood/2014/12/brain-training)
- **Sleepless Nights May Put The Aging Brain At Risk Of Dementia**, Patti Neighmond. August 27, 2012.  
[www.npr.org/sections/health-shots/2012/08/27/159983037/sleepless-nights-may-put-the-aging-brain-at-risk-of-dementia](http://www.npr.org/sections/health-shots/2012/08/27/159983037/sleepless-nights-may-put-the-aging-brain-at-risk-of-dementia)